

# Healthy foods can help protect your child from lead poisoning



## How can I protect my child from lead poisoning?

Children love to put things into their mouths. That includes their hands and just about anything else. Hands and toys can carry lead dust into the mouth. Children also can pick up and eat broken chips of lead paint. Even very small amounts of lead can be dangerous.

## Be sure your child has at least three meals and healthy snacks each day.

- Include: fruits and vegetables, milk, whole grains and cereals, and a choice of fish, chicken, meats or beans.
- Limit foods like doughnuts, potato chips, cakes, pastries, and cookies.
- Use less butter, margarine, oil, and bacon in cooking.
- Broil, bake or boil foods you would usually fry.



## What else can I do?

- Wash your child's hands and face before meals, snacks and naps.
- Feed your child at a table or high chair.
- Never cook, serve or save food and drink in glazed pottery.
- Never save formula or food in opened cans.
- Never heat food or formula in cans.
- Never use hot water from the tap for cooking or making formula. Always start with cold water.
- Let cold tap water run for a minute or two before making infant formula or juice.
- Wash fresh fruits and vegetables before eating.

## What foods will help protect my child from lead poisoning?



**Iron** - makes it harder for the body to take in lead.

- Iron fortified hot and cold cereals (Total, Cheerios, Kix, Cream of Wheat)
- Lean beef
- Beans and bean soups (black, pinto, lentils, red, navy)
- Chili, beef tacos, canned pork and beans
- Tuna\*, sardines, clams, oysters
- Leafy green vegetables (spinach, kale, broccoli and beet greens)
- Wheat germ and black strap molasses
- Dried fruits, raisins, prunes, dates, apricots
- Bread and pasta



**Calcium** - protects against storing lead in the bones.

- Milk (2 to 3 cups per day)
- Yogurt and cheese
- Leafy green vegetables (kale, turnip, mustard and beet greens)
- Tofu
- Juice with added calcium
- Foods made with milk (soups, pancakes, hot cereals, custards, puddings)



**Vitamin C** - helps the body take in iron.

- Oranges, orange juice
- Grapefruit, grapefruit juice
- Cantaloupe, strawberries
- Tomatoes, cauliflower
- Green pepper, broccoli, sweet potatoes

\* Mercury in fish can damage a growing brain. Too much mercury may affect behavior and how well children learn, think and problem solve later in life. Children under 7 CAN SAFELY EAT a 1/2 can of "white" or 1 can of "light" tuna per week.

For more information contact the Childhood Lead Poisoning Prevention Program:  
[www.dhhs.nh.gov/dhhs/clppp](http://www.dhhs.nh.gov/dhhs/clppp)



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